No. 6

Eleventh Annual Report

of the

Sharon Sanitarium

SHARON, MASS.

THE SHARON SANITARIUM FROM THE SOUTH-EAST.

Eleventh Annual Report

of the

Sharon Sanitarium

for

PULMONARY DISEASES

SHARON, MASS.

March, 1902.

Incorporated March, 1891

BOSTON

Geo. H. Ellis Co., 272 Congress Street

1902

OBJECT OF THE SHARON SANITARIUM.

TO supply a suitable institution for the treatment of *incipient* pulmonary diseases only, arising in those who are unable, for pecuniary and other reasons, to seek distant health resorts. Only patients who are in reduced circumstances are received, and no advanced cases are admitted.*

Price of board, $5.00 per week, exclusive of washing. The services of the Medical Director and medicines are given free of charge.

Visiting days, Tuesdays, Thursdays, and Saturdays, from 2 to 5 P.M.

Applications must be made to the Matron, Sharon, Mass.

* Only women are received at present at the Sanitarium.

THE SHARON SANITARIUM FROM THE SOUTH.

OFFICERS OF THE SHARON SANITARIUM.

Board of Directors.

WILLIAM T. SEDGWICK, *President.*

N. H. STONE, *Treasurer.*
614 Sears Building, Boston.

Mrs. CHARLES A. PORTER, *Secretary.*

AUGUSTUS HEMENWAY.

EDMUND F. MERRIAM.

Miss OLIVIA Y. BOWDITCH.

Miss ALICE M. CURTIS.

Mrs. HENRY P. KING.

VINCENT Y. BOWDITCH, M.D.

L. VERNON BRIGGS, M.D.

ROBERT W. LOVETT, M.D.

Consulting Physician.

FREDERICK I. KNIGHT, M.D.

Resident Physician.

WALTER A. GRIFFIN, M.D.

Matron.

Miss ALICE R. HODGES.

AUXILIARY COMMITTEE.

Mrs. E. F. Bowditch, *President.*
Mrs. Alfred R. Weld.
Mrs. Robert M. Morse.
Mrs. Robert F. Perkins.
Mrs. John B. Schoeffel.
Miss M. A. Yardley.
Mrs. Eugene A. Crockett.
Mrs. Charles A. Porter, *Sec'y.*
Mrs. Charles S. Hamlin.
Mrs. Paul R. Frothingham.
Mrs. E. Amory Codman.
Mr. Herbert Jaques.
Dr. Walter C. Bailey.
Mr. Joseph Lindon Smith.

THE PARLORS.

THE DINING-ROOM.

All gifts of money may be sent to the Treasurer,

Mr. N. H. STONE,

614 Sears Building, Boston.

DIRECTORS' REPORT.

IN presenting the eleventh annual report, the Directors are glad to state that, since the enlargement of the institution, there has been an increase in the number of applications and a steadily growing public interest in the methods of treatment employed. Deputations of medical men from other States, as well as members of the laity, have honored the Sanitarium by visits to inquire about the management for the purpose of establishing similar institutions elsewhere. Constant evidences are given of the growth of this modern method of treating tuberculosis, of which, for the last eleven years, the Sanitarium has been the exponent in our community.

During the past year, marked changes in the régime have taken place. After most faithful and efficient work for ten years, the former Matron, Mrs. M. E. Small, felt obliged to tender her resignation, which was accepted with great regret by the Board at the meeting in March, 1901. In her place they were fortunately able to obtain the services of Miss Alice R. Hodges, who has held the position of Matron since May, 1901. In consequence of the erection of the cottage, the Directors have been able to fill the much-needed position of Resident Physician, which, in the last eight months, has been of the greatest advantage to the institution. In accepting the resignation of Dr. W. N. Tenney, of Canton, as Assistant Visiting Physician, after

three years of faithful service, the Directors expressed their appreciation of his efficient work. In July, 1901, Dr. Walter A. Griffin, late of the Boston City Hospital, was chosen as Resident Physician.

The most gratifying accounts are still obtained from many of the former patients who regained their health at the Sanitarium. Not only are they well themselves, but, as has been often stated, they have acted as missionaries among their families and friends in teaching that good ventilation, proper food, and judicious exercise are the chief factors not only in the cure, but the prevention of disease.

The following extract from a letter written by a former patient is a beautifully expressed example of what has been frequently written by many others: —

"I wish you to know how grateful I am for all that was done for me during my long sojourn at the Sanitarium.

"It is seldom, if ever, that a stranger among strangers receives the excellent care and attention which were so liberally bestowed upon me during my illness. My own nearest and dearest friends could have been no kinder or have ministered to my needs more faithfully than did the dear friends at Sharon.

"It is with a heart full of thankfulness that I write these words this morning; for I know I am indebted to you not only for returning health, but also for life itself.

"The Sanitarium has grown to be a very dear place to me. It is much more than an institution. It is, in a very real sense, a home, especially to those who, like myself, have no longer any home ties.

"And now, trusting that this noble work which has blessed so many lives may long continue to prosper, I remain,

"Very sincerely yours."

To the Auxiliary Committee the Directors cannot sufficiently express their appreciation of what has been done in the past year.

In February last an entertainment entitled "The Darnum and Daily Circus" was given in the old Park Square Station of the New York, New Haven & Hartford Railroad, generously loaned for the purpose by the directors of the railroad. The great success of this entertainment was largely due to the indefatigable work of Mr. Herbert Jaques. To him, and the large number of ladies and gentlemen who helped him, the Directors desire to express their most grateful thanks.

The cordial manner in which many business firms, and others too numerous for special mention, offered their generous support to the entertainment has been one of the most gratifying evidences of the hold which the Sanitarium now has upon the community.

Special thanks are due to the directors of the New York, New Haven & Hartford Railroad, to the newspaper press of Boston,— especially the *Transcript*, *Herald*, *Globe*, *Post*, and *Journal*,— and Sharon *Advocate;* to Mr. J. B. Schoeffel, who generously gave the Tremont Theatre for the auction sale of tickets; and to his assistants, Mr. Sheehan and others at the box office, for their constant courtesy and kindness.

While acknowledging the great help received by the recent entertainment, the Directors are obliged to remind the public that much financial assistance is still needed.

The increasing unwillingness of boarding-house and hotel keepers to receive those who have pulmonary disease makes such places as the Sanitarium an absolute necessity.

It is the desire, moreover, of the Directors to make it a medical centre for the study of disease.

To accomplish this, large sums of money are needed.

1st. An endowment fund of $200,000.

2d. A fund of at least $40,000 for the establishment and maintenance of a scientific laboratory.

3d. An enlarged list of annual subscribers to help defray the expenses which are only partially met by the small amount of board paid by the patients.

4th. Special donations to assist worthy women who cannot afford to pay the price of board.

5th. Donations of money for current expenses. Table linen, sheets of specified size, packages of old cotton and linen are always acceptable.

In closing, the Directors again wish to emphasize the fact that only hopeful cases are admitted to the Sanitarium. No far advanced cases can be received.

THE DIRECTORS.

THE SUN BATH (WINTER).

MEDICAL REPORT.

Full capacity of the Sanitarium 21
Number of patients in Sanitarium at time of last report, 19
Number of patients in Sanitarium, March 1, 1902, 19
(2 were discharged only a day or two before March 1.)
Number of patients entered since March 1, 1901 . . 25
Number of patients discharged during the year . . . 44

Of those discharged, one remained but two days and another only eight days. These are, therefore, not considered.

The following table shows the condition of the patients at entrance and the result of treatment.

	Incipient.	Well-marked incipient.	Advanced.	Asthma.	Tubercular adenitis.	Totals.	Percentages.
Arrested . . .	19		3		1	23	54+
Improved . .	4	3	8	1		16	38+
Not improved .		1	2			3	7+
Totals . . .	23	4	13	1	1	42	

In making these statements the same methods are used as heretofore. The term "incipient" is applied to cases in which

the physical signs, such as changes in percussion or respiration, possibly a few *râles*, are confined to small areas, usually in one or both apices of the lungs, and in which only slight constitutional signs, such as fever, indigestion, or loss of strength, are present.

The term "well-marked incipient" is applied to those who have larger areas of the lungs involved with similar constitutional symptoms.

The term "advanced" is applied to those in which the areas involved show more or less consolidation or even excavation of the lung tissue, accompanied by more or less fever and other constitutional symptoms.

The term "arrested" is applied to all cases in which cough and fever have disappeared, when the sputa, if present, show an absence of bacilli, the general symptoms and appearance being those of health, when they leave the Sanitarium.

The term "cured" is not used until many months after the disappearance of all active symptoms and when the patient has returned to ordinary conditions of life. Many of those discharged as "arrested," however, would, from their general condition, be with justice classed under the more favorable term.

Among the "arrested" cases (23), including the one with tubercular glandular disease:

The number who had bacilli in their sputa was	11
The number who had a positive tuberculin reaction was	2
The number who had evidence of tubercular glands was	1
The number who had physical evidences of incipient tubercular disease in the chest without sputum, or in which the sputum did not contain bacilli, was	9
	23

" He who helps to fight against the worst enemy of mankind saves wife and children."

AN APPEAL

To the Friends of the Sharon Sanitarium for Pulmonary Diseases

---

Will you not use your personal influence to interest others in the work of the Sanitarium, which greatly needs funds, both to continue and to increase its usefulness?

By aiding this cause you are not only benefiting individual cases, but you are helping to stamp out a disease which causes the largest death rate in our community.

Experience has shown that in no way can incipient cases of consumption be cured so well as by treatment in sanitaria especially adapted to the purpose; and there are hundreds of sufferers in the immediate vicinity of our great cities, unable from lack of means to seek other climates, whose lives could be saved, had we the proper institutions near at hand.

The Sharon Sanitarium is the first of its kind in New England. It is not a hospital for hopeless cases. It is intended for *incipient* cases only.

Remember that scarcely a family exists in New England some member of which has not fallen a victim to pulmonary disease. Will you not, then, aid this work by donations and bequests of money? or, if unable to help pecuniarily, will you not speak to your friends, and thus spread the knowledge of what is being done to lessen the ravages of consumption?

OFFICERS OF THE SHARON SANITARIUM.

BOARD OF DIRECTORS.

WM. T. SEDGWICK, *President.*
N. H. STONE, *Treasurer,*
614 Sears Building, Boston.
AUGUSTUS HEMENWAY.
EDMUND F. MERRIAM.
Miss OLIVIA Y. BOWDITCH.
Mrs. CHARLES A. PORTER, *Secretary.*
Miss ALICE M. CURTIS.
Mrs. HENRY P. KING.
VINCENT Y. BOWDITCH, M.D.
ROBERT W. LOVETT, M.D.
L. VERNON BRIGGS, M.D.

CONSULTING PHYSICIAN.

FREDERICK I. KNIGHT, M.D.

RESIDENT PHYSICIAN.

WALTER A. GRIFFIN, M.D.

MATRON.

Miss ALICE R. HODGES.

Among the "improved" cases (16), including both the "much" and "slightly improved":

The number who had bacilli in the sputa was	9
The number who had no bacilli in the sputa was	6
Cases of asthma	1
	16

Average stay of all cases	3.1	months
Longest stay of "arrested" cases	10	"
Shortest stay of "arrested" cases	1.5	"
Average stay of "arrested" cases	4.7	"
Average gain in weight of all cases	10.66	pounds
Average gain in weight of "arrested" cases	13.5	"
Average gain in weight of "improved" cases	9	"
Average age of "arrested" cases	25.4	years
Average age of all cases	27	"

In stating the shortest stay of an "arrested" case as six weeks, it should be remembered that no claim is made other than that all active symptoms had ceased almost immediately after entrance, but that the patient left contrary to advice, even though there was outwardly an apparent condition of good health.

Of the 19 cases still in the Sanitarium, the disease is in a state of arrest in 7 and 10 are improved. Of these last, it is expected that at least 2 will have an arrest of the disease as the result of further treatment. Tubercle bacilli have been found in 16. One has given a positive tuberculin reaction, and in 2 physical examination has been the basis of classification.

Favorable reports are still received from the majority of the patients who were formerly in the Sanitarium and discharged as "arrested cases." Some of these patients left Sharon nearly ten years ago, and have been well ever since.

It will be noticed that the results obtained at Sharon have

been even more favorable than in the earlier years, the number of arrested cases having increased fully 15 per cent. This is doubtless due to the fact of increased facilities, to the close supervision made possible by the presence of a Resident Physician, and also largely to the more rigid enforcement of the fresh-air treatment. Even making allowance for the inevitable variations in the number of cases favorable for treatment, the results for the past two years have been vastly encouraging.

Our thanks are due again to Dr. Sarah E. Bond, Dr. F. S. De Lue, Dr. Walter C. Bailey, all of whom have rendered kindly assistance from time to time.

The physicians add their earnest appeal to that of the Directors for financial aid in increasing the work of the Sanitarium.

VINCENT Y. BOWDITCH, M.D.,
Medical Director.

WALTER A. GRIFFIN, M.D.,
Resident Physician.

THE CAMP IN SUMMER

THE CAMP IN WINTER

INFIRMARY

MATRON'S COTTAGE WITH SUBWAY CONNECTION

SANITARIUM

TREASURER'S REPORT

From March 1, 1901, to March 1, 1902.

Cash on hand March 1, 1901			$4,835.65
Receipts.			
Interest on deposits		$76.70	
Annual subscriptions		2,379.64	
Donations		2,992.55	
Net proceeds of Benefit Performance at Tremont Theatre, 1901		1,361.50	
Net proceeds of circus at Park Square, 1902, on account		10,000.00	
Board of patients at Sharon collected by Matron	$5,047.94		
And from former Matron for sundries	11.92	5,059.86	
		$21,870.25	
Payments.			
Salaries	$1,192.90		
Wages and labor	3,164.31		
Supplies and provisions	5,759.13		
Furnishings	476.52		
Fuel	1,243.00		
Painting	324.77		
Medical and laboratory supplies	411.07		
Awnings	208.00		
Plumbing	270.44		
Coal bin	82.00		
Carried forward	$13,132.14	$21,870.25	

Brought forward	$13,132,14	$21,870,25	
Repairs on heating plant	73.14		
Repairs on pumping engine	160.38		
Labor and material by carpenter . .	463.34		
Lighting expenses and repairs . . .	235.68		
Telephone rent and tolls	124.93		
Insurance	75.00		
Printing	77.72		
Railroad fares	108.09		
Freight and express	75.43		
Stationery supplies, and postage . .	98.32		
Stable expenses	340.86		
Sundry expenses on grounds . . .	16.07		
Photographs	21.00		
Sundry expenses	486.45		
Total expenses		$15,488.55	
Surplus of receipts over expenses			6,381.70
			$11,217.35
Final bills on new addition paid			575.46
Cash balance on hand March 1, 1902			$10,641.89

The undersigned, having examined the accounts of the Treasurer of the Sharon Sanitarium, with vouchers for the payments, certify that they find the same correct.

VINCENT Y. BOWDITCH,
E. F. MERRIAM, } *Auditing Committee.*

DONATIONS

From March 1, 1901, to March 1, 1902.

Mrs. George Wigglesworth	$10.00
Mrs. R. S. Russell	10.00
Miss Sarah M. Fay	10.00
Miss Sarah E. Read	10.00
Mrs. W. S. Bullard	10.00
The Misses Storer	10.00
R. C. Humphreys	2.00
Mrs. Charles F. Sprague	125.00
"G"	10.00
Charles P. Curtis	100.00
Thomas J. Curtis	25.00
Thomas Wigglesworth	200.00
Elliot C. Lee	500.00
"Friend" (W. R. M.)	5.00
"Friend" (F. S.)	500.00
"Friend" (M. S.)	50.00
Mrs. William Appleton	500.00
Mrs. Larz Anderson	25.00
F. H. Peabody	25.00
"Friend" (P. C. H.)	5.00
In letter-box	100.00
Mrs. Louis Cabot	100.00
Former patient	1.00
Mrs. John E. Thayer	25.00
George F. Parkman	100.00
Miss T. Cabot	3.00
Charles Thorndike	10.00
Carried forward	$2,471.00

Brought forward	$2,471.00
William B. Rogers	100.00
Miss Caroline Stone	15.00
Miss M. P. Nichols	25.00
Mr. B. W. Nichols	25.00
Miss Amelia H. Jones	240.00
Mrs. F. B. Greene	100.00
Patients at Sanitarium	16.55
	$2,992.55

ANNUAL SUBSCRIBERS

From March 1, 1901, to March 1, 1902.

Miss E. H. Bailey	$5.00
Dr. L. Vernon Briggs	10.00
Mr. C. S. Bird	10.00
Mrs. J. M. Barnard	10.00
Miss O. Y. Bowditch	5.00
Mrs. Arthur Cheney	5.00
Mr. A. A. Carey	10.00
Miss A. M. Curtis	10.00
Miss S. H. Crocker	10.00
Mr. A. Dixwell	10.00
Mrs. J. W. Elliot	10.00
Miss Helen P. Emmons	3.00
Mrs. J. Murray Forbes	25.00
Miss S. H. Hooker	2.00
Miss Velma Briggs	2.00
Miss E. W. Howard	3.00
Mr. Augustus Hemenway	200.00
Miss Helen L. Jaques	10.00
Miss Amelia H. Jones	10.00
Mrs. H. A. Lamb	25.00
Miss Frances R. Morse	10.00
Mrs. William Osler	5.00
Miss Lucy Parsons	5.00
Mr. Edward C. Perkins	10.00
Miss Mary R. Peabody	2.00
Mrs. E. S. Philbrick	5.00
Mr. Edward Robinson	10.00
Carried forward	$422.00

Brought forward	$422.00
Mrs. J. C. Stone	25.00
Mr. Francis Shaw	10.00
Mrs. K. W. Sears	25.00
Mr. N. H. Stone	25.00
Mrs. William Tudor	3.00
Miss Cornelia Warren	10.00
Mrs. S. H. Winkley	10.00
Mrs. George C. Lee	5.00
Mrs. E. F. Bowditch	5.00
Mrs. Lloyd Briggs	5.00
Mr. William Bliss	100.00
Mrs. William Brewster	5.00
Miss Charlotte Bowditch	5.00
Mr. E. Van R. Thayer	100.00
Mr. Herbert M. Sears	100.00
Mr. A. B. Silsbee	10.00
Mr. F. W. Hunnewell	100.00
"Friend" (S. G. A.)	3.00
Mrs. N. Thayer	100.00
Mr. Charles Merriam	50.00
Miss E. E. Sears	25.00
Mrs. William Appleton	100.00
Mr. Arthur T. Lyman	50.00
Mrs. Robert C. Hooper, Jr.	100.00
Mrs. M. D. Spaulding	100.00
Mrs. R. G. Shaw	5.00
Miss A. R. Anthony	25.00
Mrs. M. C. Wheeler	5.00
Miss M. S. Ames	50.00
Mr. S. D. Warren	50.00
Mrs. Henry P. King	100.00
Miss McDonald	100.00
Mr. John Hogg	100.00
Miss C. S. Keith	10.00
Mrs. Richard Stone	25.00
Mr. W. A. Tower	50.00
Mr. Charles Head	25.00
Carried forward	$2,038.00

Brought forward	$2,038.00
Miss Eliza C. Cleveland	5.00
Miss Amy White	5.00
Miss A. F. Odin	5.00
Mrs. F. B. Greene	10.00
Miss A. L. Mayo	5.00
Mrs. S. T. Morse	10.00
Mrs. S. P. Blake	10.00
Miss A. B. Weld	10.00
Mr. A. Bowditch	20.00
Dr. and Mrs. J. E. Goldthwait	25.00
Mrs. G. H. Shaw	20.00
Miss Sarah E. Ward	5.00
Miss Helen F. Kimball	10.00
Mrs. John E. Russell	25.00
Mr. William B. Rogers	100.00
Mr. Edward Frothingham	10.00
Mr. George Baty Blake	100.00
Mr. Elliot C. Lee	100.00
Miss Amy Lowell	20.00
Mrs. Alfred Roosevelt	20.00
Mr. A. Lawrence Lowell	20.00
Mrs. W. L. Putnam	20.00
Mr. Percival Lowell	20.00
Mrs. W. H. Forbes	100.00
Mr. Alexander Forbes	100.00
Mr. Waldo E. Forbes	100.00
Miss Edith Forbes	100.00
Mrs. A. Strong	100.00
"Friend"	50.00
Mrs. Charles P. Cheney	150.00
Mrs. Louis Cabot	50.00
	$3,353.00

The following names are of those who during the past year up to March 1 have either contributed various articles for the use of the Sanitarium or have otherwise kindly aided the institution: —

Mrs. John Revere.
Mrs. E. M. Gray.
Miss T. Cabot.
Mrs. H. T. Remick.
Mr. and Mrs. Remick, Miss Remick, and Miss Cross.
Mr. Augustus Hemenway.
Mr. E. F. Merriam.
Miss L. A. Mansfield.
Mrs. Henry Barber.
Messrs. Pettee and Colburn.
Mrs. Bertram.
Mr. Geisler.
Mr. Oakes.
A Friend.
Mrs. Barrett.
Mr. Huggins.
Miss Alice Story.
Mrs. Davis.
The Patients and Two Friends.
Miss Mullens.
Patients and Friends.
Unknown.
Dr. Robert T. Edes.
Mr. Cunningham.
F. W. Bird & Son.
Mrs. E. F. Bowditch.
Miss Dewey.
Mrs. W. H. Turner.
Mrs. Barker.
The Misses Adams.
Mrs. William C. Durkee.
Mrs. Dennett.
Mr. Alfred Barbour.
Herford Club.
Mrs. Meakin.
A Friend.

FORM OF BEQUEST.

.....of .....in the County of.....and State of..... give and bequeath unto the Sharon Sanitarium in Sharon, in the State of Massachusetts, its successors and assigns, the sum of ....dollars.